

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 30: Consumption of Meals Among California Adolescents (N=1,256)

Yesterday, did you eat or drink anything for breakfast?

Did you eat or drink anything for lunch yesterday?

Did you eat anything for dinner yesterday?

Yesterday, did you eat or drink anything between [specified meal] time and [specified meal] time?

	Percent of Adolescents			
	Meals Reported			
	Breakfast	Lunch	Dinner	Snacks <sup>1</sup>
<b>Total</b>	<b>83.5</b>	<b>87.9</b>	<b>89.2</b>	<b>90.9</b>
<b>Gender</b>				
Male	83.2	87.6	89.3	89.4
Female	83.8	88.2	89.0	92.4
<b>Ethnicity</b>				
White	90.0 ***	90.5	94.3 ***	92.8 *
African American	67.5	87.3	84.8	92.7
Latino	79.5	85.4	84.6	90.9
Asian/Other	85.8	88.3	90.2	84.7
<b>Gender by Age</b>				
<b>Males</b>				
12-13	91.8 ***	96.1 ***	88.8	92.5 ***
14-15	83.9	92.4	90.4	92.7
16-17	73.8	74.0	88.6	83.0
<b>Females</b>				
12-13	87.0	91.5	92.8	93.5
14-15	83.2	87.8	86.8	92.2
16-17	81.1	85.2	87.3	91.6
<b>Income</b>				
<\$15,000	80.5 ***	86.5 **	81.6 **	90.0
\$15,000 - \$24,999	88.0	90.9	87.8	85.2
\$25,000 - \$34,999	68.1	78.6	85.6	90.0
\$35,000 - \$49,999	83.5	87.3	80.2	93.7
\$50,000 - \$74,999	78.7	97.9	96.2	92.5
≥\$75,000	89.0	87.3	91.4	90.4
<b>Food Stamp Status, % FPL<sup>2</sup></b>				
Participant, ≤130%	75.7 ***	88.5	88.7 ***	90.4
Likely Eligible, ≤130%	82.7	86.7	82.8	89.6
Not Eligible, >185%	87.5	88.0	93.2	91.2
<b>Smoking Status</b>				
Non-Smoker	84.2 ***	88.7 ***	89.4	91.0
Smoker	66.8	70.2	82.6	88.7
<b>Physical Activity Status</b>				
Regular	84.4	87.5	89.9	91.3
Irregular	80.2	89.2	86.5	89.6
<b>Overweight Status</b>				
Not Overweight	87.3 ***	89.4 **	91.3 ***	91.7
Overweight/Obese	70.8	82.4	82.6	88.0

<sup>1</sup> Reported a snack at any occasion (Morning, Afternoon or Evening).

<sup>2</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\*p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 31: Source of Lunch and Dinner Reported by California Adolescents**

Where did you obtain lunch from?

Where did you obtain dinner from?

<b>Lunch (N=1,101)</b>	<b>Percent of Adolescents<sup>1</sup></b>
Home	51.0
School cafeteria	27.4
Fast food place	5.7
School snack bar or A la carte line	3.0
A friend	3.0
Food cart at school	2.4
Student store	2.3
Convenience store	2.2
Other <sup>2</sup>	6.8
<b>Dinner (N=1,114)</b>	<b>Percent of Adolescents<sup>1</sup></b>
Home	83.8
Friend's home	3.2
Fast food place	5.8
Other restaurant	7.0
Other <sup>3</sup>	0.2

<sup>1</sup> Out of those who reported eating lunch or dinner.

<sup>2</sup> Includes lunch from vending machine, fundraiser, club, and community center.

<sup>3</sup> Includes dinner from vending machine or convenience store.

Some numbers may not add to 100 percent due to rounding.

2008 California Teen Eating, Exercise and Nutrition Survey (CaTEENS)

**Table 31a: Consumption of School and Home Lunch among California Adolescents (N=1,101)**

Where did you obtain lunch from?

	Percent of Adolescents	
	Type of Lunch Reported	
	School Cafeteria	Home
<b>Total</b>	<b>27.4</b>	<b>51.0</b>
<b>Gender</b>		
Male	32.4 ***	47.5 *
Female	22.1	54.7
<b>Ethnicity</b>		
White	14.4 ***	62.5 ***
African American	39.4	33.9
Latino	36.8	44.1
Asian/Other	31.2	46.6
<b>Gender by Age</b>		
<b>Males</b>		
12-13	32.5	54.2 **
14-15	31.4	49.2
16-17	33.4	36.6
<b>Females</b>		
12-13	26.2	53.6
14-15	19.7	56.9
16-17	19.9	53.6
<b>Income</b>		
<\$15,000	37.6 ***	44.8 ***
\$15,000 - \$24,999	44.2	34.2
\$25,000 - \$34,999	30.0	47.7
\$35,000 - \$49,999	38.1	34.7
\$50,000 - \$74,999	16.9	53.8
≥\$75,000	15.6	67.5
<b>Food Stamp Status, % FPL<sup>1</sup></b>		
Participant, ≤130%	42.2 ***	38.6 ***
Likely Eligible, ≤130%	37.5	36.9
Not Eligible, >185%	17.4	63.2
<b>Smoking Status</b>		
Non-Smoker	27.6	51.5 *
Smoker	22.7	34.0
<b>Physical Activity Status</b>		
Regular	27.4	51.9
Irregular	27.4	48.0
<b>Overweight Status</b>		
Not Overweight	24.3 ***	53.2 *
Overweight/Obese	35.8	45.5

<sup>1</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 31b: Source of Dinner Among California Adolescents (N=1,114)

Where did you obtain dinner from?

	Percent of Adolescents	
	Where Dinner Was Reportedly Obtained,	
	Home	Away from Home <sup>1</sup>
<b>Total</b>	<b>83.8</b>	<b>16.2</b>
<b>Gender</b>		
Male	86.3	13.7
Female	81.1	18.9
<b>Ethnicity</b>		
White	82.8	17.2
African American	80.8	19.2
Latino	88.4	11.6
Asian/Other	76.0	24.0
<b>Gender by Age</b>		
<b>Males</b>		
12-13	90.0	10.0
14-15	86.9	13.1
16-17	81.9	18.1
<b>Females</b>		
12-13	85.6	14.4
14-15	79.1	20.9
16-17	78.2	21.8
<b>Income</b>		
<\$15,000	93.8	6.2
\$15,000 - \$24,999	88.4	11.6
\$25,000 - \$34,999	94.3	5.7
\$35,000 - \$49,999	88.1	11.9
\$50,000 - \$74,999	80.3	19.7
≥\$75,000	87.5	12.5
<b>Food Stamp Status, % FPL<sup>2</sup></b>		
Participant, ≤130%	87.7	12.3
Likely Eligible, ≤130%	86.5	13.5
Not Eligible, >185%	81.6	18.4
<b>Smoking Status</b>		
Non-Smoker	84.1	15.9
Smoker	77.5	22.5
<b>Physical Activity Status</b>		
Regular	83.3	16.7
Irregular	85.4	14.6
<b>Overweight Status</b>		
Not Overweight	83.0	17.0
Overweight/Obese	84.9	15.1

<sup>1</sup> Includes dinner from friend's house, fast food, other restaurant, vending machine, or convenience store.

<sup>2</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

\* p<.05

\*\* p<.01

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 34: Prevalence of Eating at Fast Food Restaurants Among California Adolescents (N=1,256)**

Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds, Taco Bell, Jack-in-the-Box, Pizza Hut, KFC, or Subway?

	Percent of Adolescents	
	Number of Meals and Snacks Eaten Yesterday at Fast Food Restaurants	
	0	1+
<b>Total</b>	<b>80.1</b>	<b>19.9</b>
<b>Gender</b>		
Male	79.4	20.6
Female	80.8	19.2
<b>Ethnicity</b>		
White	84.6	15.4
African American	75.2	24.8
Latino	73.7	26.3
Asian/Other	88.4	11.6
<b>Gender by Age</b>		
<b>Males</b>		
12-13	75.5	24.5
14-15	81.8	18.2
16-17	80.9	19.1
<b>Females</b>		
12-13	84.4	15.6
14-15	83.8	16.2
16-17	73.9	26.1
<b>Income</b>		
<\$15,000	81.6	18.4
\$15,000 - \$24,999	75.4	24.6
\$25,000 - \$34,999	77.0	23.0
\$35,000 - \$49,999	71.8	28.2
\$50,000 - \$74,999	74.0	26.0
≥\$75,000	82.1	17.9
<b>Food Stamp Status, % FPL<sup>1</sup></b>		
Participant, ≤130%	77.1	22.9
Likely Eligible, ≤130%	73.4	26.6
Not Eligible, >185%	84.0	16.0
<b>Smoking Status</b>		
Non-Smoker	80.1	19.9
Smoker	84.3	15.7
<b>Physical Activity Status</b>		
Regular	82.2	17.8
Irregular	72.4	27.6
<b>Overweight Status</b>		
Not Overweight	80.5	19.5
Overweight/Obese	77.4	22.6

<sup>1</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant. Some numbers may not add to 100 percent due to rounding.

Chi Square Test

\* p<.05

\*\*\* p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 34c: Typical Weekly Frequency of Eating at Fast Food Restaurants Among California Adolescents (N=1,255)**

In a typical week, how many times do you eat a meal or snack from a fast food restaurant?

	Percent of Adolescents	
	Number of Times Ate at Fast Food Restaurants Per Week	
	0-1 times	2+ times
<b>Total</b>	<b>73.3</b>	<b>26.7</b>
<b>Gender</b>		
Male	72.5	27.5
Female	74.1	25.9
<b>Ethnicity</b>		
White	82.6	17.4
African American	62.5	37.5
Latino	68.2	31.8
Asian/Other	68.1	31.9
<b>Gender by Age</b>		
<b>Males</b>		
12-13	78.0	22.0
14-15	78.4	21.6
16-17	61.0	39.0
<b>Females</b>		
12-13	81.5	18.5
14-15	71.4	28.6
16-17	69.1	30.9
<b>Income</b>		
<\$15,000	74.8	25.2
\$15,000 - \$24,999	72.4	27.6
\$25,000 - \$34,999	67.3	32.7
\$35,000 - \$49,999	66.4	33.6
\$50,000 - \$74,999	75.8	24.2
≥\$75,000	77.8	22.2
<b>Food Stamp Status, % FPL<sup>1</sup></b>		
Participant, ≤130%	74.4	25.6
Likely Eligible, ≤130%	69.0	31.0
Not Eligible, >185%	76.4	23.6
<b>Smoking Status</b>		
Non-Smoker	74.4	25.6
Smoker	53.0	47.0
<b>Physical Activity Status</b>		
Regular	73.3	26.7
Irregular	73.2	26.8
<b>Overweight Status</b>		
Not Overweight	74.3	25.7
Overweight/Obese	67.6	32.4

<sup>1</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 34d: Mean Number of Times Per Week California Adolescents Reported Eating at Fast Food Restaurants (N=1,255)**

Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds, Taco Bell, Jack-in-the-Box, Pizza Hut, KFC, Subway?

	Mean Number of Times Ate at Fast Food Restaurants	
	Per Week	
<b>Total</b>	<b>1.2</b>	
<b>Gender</b>		
Male	1.2	
Female	1.1	
<b>Ethnicity</b>		
White	0.9 <sup>a</sup> ***	
African American	1.4 <sup>b</sup>	
Latino	1.3 <sup>b</sup>	
Asian/Other	1.3 <sup>b</sup>	
<b>Gender by Age</b>		
<b>Males</b>		
12-13	1.0 <sup>a</sup> ***	
14-15	1.2 <sup>a</sup>	
16-17	1.5 <sup>b</sup>	
<b>Females</b>		
12-13	0.9 <sup>a</sup> **	
14-15	1.3 <sup>b</sup>	
16-17	1.2 <sup>b</sup>	
<b>Income</b>		
<\$15,000	1.3 *	
\$15,000 - \$24,999	1.2	
\$25,000 - \$34,999	1.4	
\$35,000 - \$49,999	1.4	
\$50,000 - \$74,999	1.1	
≥\$75,000	1.0	
<b>Food Stamp Status, % FPL<sup>1</sup></b>		
Participant, ≤130%	1.2	
Likely Eligible, ≤130%	1.3	
Not Eligible, >185%	1.1	
<b>Smoking Status</b>		
Non-Smoker	1.1 ***	
Smoker	1.8	
<b>Physical Activity Status</b>		
Regular	1.2	
Irregular	1.1	
<b>Overweight Status</b>		
Not Overweight	1.1 *	
Overweight/Obese	1.3	

<sup>1</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant. Categories sharing a common superscript (a,b,c) are not statistically different from each other (modified version of Tukey's Standardized Range Test at a procedure-wise error rate=.05).

ANOVA  
 \* p<.05  
 \*\* p<.01  
 \*\*\* p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 98: Percent of California Adolescents Reporting Eating School Meals Yesterday

Did you eat a complete school breakfast yesterday?  
 Did you eat a complete school lunch yesterday?

	Percent of Adolescents <sup>1</sup>	
	Reported Eating School Breakfast (N=551)	Reported Eating School Lunch (N=342)
<b>Total</b>	<b>30.8</b>	<b>85.4</b>
<b>Gender</b>		
Male	33.8	87.4
Female	26.8	82.5
<b>Ethnicity</b>		
White	15.2 ***	80.6
African American	63.1	90.3
Latino	48.5	87.7
Asian/Other	18.4	82.0
<b>Gender by Age</b>		
<b>Males</b>		
12-13	38.5	90.7
14-15	34.8	82.3
16-17	25.1	89.4
<b>Females</b>		
12-13	26.6	81.7 **
14-15	26.3	71.5
16-17	27.5	98.7
<b>Income</b>		
<\$15,000	48.9 ***	79.3
\$15,000 - \$24,999	47.4	90.0
\$25,000 - \$34,999	40.6	75.7
\$35,000 - \$49,999	65.5	92.8
\$50,000 - \$74,999	19.8	82.5
≥\$75,000	10.0	91.6
<b>Food Stamp Status, % FPL<sup>2</sup></b>		
Participant, ≤130%	59.9 ***	82.0 *
Likely Eligible, ≤130%	46.8	93.6
Not Eligible, >185%	14.0	88.1
<b>Smoking Status</b>		
Non-Smoker	31.2	85.9
Smoker	23.1	71.8
<b>Physical Activity Status</b>		
Regular	29.2	84.8
Irregular	36.8	87.8
<b>Overweight Status</b>		
Not Overweight	26.9 ***	84.0
Overweight/Obese	50.0	88.8

<sup>1</sup> Includes only those reporting having a meal and attending school on the previous day.

<sup>2</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001